



Idiom Podium

16
Level 3

Bend over backward(s)

to try very hard to help or please someone, even though it causes you trouble

- We **bend over backwards** to make them feel welcome and they didn't thank us once.
- I've built an entire team made up of people who, just like my dad, will **bend over backwards** to delight you.

Be there for someone

if you are there for someone, you are ready to listen to their problems and to help and support them

- Jimmy is a good friend. He's always **been there for me** when I needed help or advice.
- But while I'm working in full screen, Siri is **there for me** and helps me multitask.

Give and take

if you talk about give and take, you mean the way in which two people in a relationship accept that they cannot have everything that they want and that they must sometimes give the other person or group what they want

- All good partnerships involve a bit of **give and take**.
- It's an open exchange of ideas, an opportunity for **give and take**.

Keep your chin up

to stay cheerful during difficult times

- Richard was **keeping his chin up** yesterday despite losing his job.

Lend someone a hand

to help someone to do something

- If I'd known you were having trouble, I could have **lent you a hand**.

Help and encouragement



Hold someone's hand

if you hold someone's hand in an unfamiliar or difficult situation, you help and support them

- Tony will **hold your hand** through the sale, deal with offers and advise on any problems.
- You're there for them, you **hold their hand**, you answer their questions.

In the same boat

if two or more people are in the same boat, they are in the same unpleasant or difficult situation

- Don't worry if you are going bald. 40 percent of men under 35 are **in the same boat**.
- And many of you people are **in the same boat**. Very important. So, let's get it done.

Fill in the blanks.

The chickens are



Help and encouragement